

Seattle

Public

Utilities

EXPLORE... DISCOVER... LEARN..

Welcome to the 2010 Cedar River Watershed Institute, now in our 8th year of workshops, field trips and festivals within the 91,000-acre protected Cedar River Municipal Watershed, the major source of drinking water for 1.4 million people living in greater Seattle.



This year, Seattle Public Utilities is celebrating 10-years of the Cedar River Watershed Habitat Conservation Plan—a 50-year blueprint that balances the needs of people with habitat, fish, river flows and wildlife.

Join us for a special Cedar River Watershed scientist-led field series in September to explore the changes in the forest and discover what the future may hold. You can also join us for a campfire program, discover the Cedar River Watershed's old growth forest, go for a

nature stroll or take a tour of the historic townsites of Taylor or Cedar Falls. *Come outside to explore, discover and learn.*

—Cedar River Watershed Education Center Staff and Volunteers

CEDAR RIVER WATERSHED EDUCATION CENTER HOURS

APRIL 1-OCTOBER 31, TUES-SUN; 10 AM-5 PM NOVEMBER 1-MARCH 31, TUES-FRI; 10 AM-4 PM

DISCOVER SUSTAINABLE DESIGN



Chris Holland, Naturalist, Seattle Public Utilities

April 14, May 12, June 9, July 21, August 11, September 8 & October 13; 9:30-10:30 AM. Free. Please register.

Drop in for a free guided exploration of the Cedar River Watershed Education Center. Join Chris on a 45-minute program that focuses on green design for a sustainable future and the facility's connection to the stories of the Cedar River Watershed.



HOW TO REGISTER

Registration begins March 1, 2010.

Call (206) 733-9421 or (425) 831-6780

Or e-mail crwprograms@seattle.gov

E-mail us if you would like to save a tree and have e-catalogs sent to you in the future.

For program descriptions go to www.seattle.gov/util/crwec/

The Cedar River Watershed Institute is part of Seattle Public Utilities' educational programming that connects people to their water source and inspires healthy relationships within all watersheds by offering science, art, and cultural programs.



FAMILY FRIENDLY BIRDING

Saturdays, May 8 & 15 9 –11 AM

In this two-class series you will learn how, where and why to go birding.

We will search for birds in the Rattlesnake Lake area and will also cover optics, field guides and online resources.

This is a fun and friendly class intended to inspire parents, their kids and others to take up this hobby and to care about bird conservation.

Bring binoculars (we have some available to borrow), dress for the weather and wear sturdy waterproof footwear.

Woody Wheeler, Naturalist and Master Birder,

Audience: Families (age 8+) Singles welcome too! Cost: \$15 for both sessions

WETLANDS OF THE CEDAR RIVER WATERSHED

Saturday, May 15 9 AM-4 PM

Visit the dramatic array of wetlands that provide important fish and wildlife habitat and produce clean, abundant water in the Cedar River Municipal Watershed.

Clay will guide an exploration of some of the more spectacular and pristine wetland systems in this region, including a spectacular 40-acre fen (Eagle Ridge Meadow), a strange "kettle" wetland at Fourteen Lakes and a forested bog in the Rock Creek riparian wetland complex.

Bring lunch/drink, rain gear, wear hiking footwear that is waterproof, and be prepared for uneven and steep terrain.



Clay Antieau, Botanist Seattle Public Utilities

Audience: Adults (age 15+) Cost: \$15



GET OUTTA HERE!

Sundays, May 23 or June 6 10–11:30 AM

Who created the maze of marks on that leaf? How can osprey hunt for fish so high in the sky? Did you know that male butterflies defend their territory?

Bring your family and join us for a naturalistled exploration around Rattlesnake Lake. Through demonstration, handson activities, and open exploration, we will discover more about our amazing natural world. Recent studies show that getting into nature reduces stress, helps create family bonds, and is important in our increasingly urban environment. Bring the kids, good walking shoes, and a sense of adventure and wonderment and come outside!

Katie Saylor, Naturalist Seattle Public Utilities

Audience: Children (age 5+) Cost: \$5 per child; adults free

TREASURE TOUR OF RAILROAD HISTORY

Saturday, June 5 or June 26 9 AM-1 PM

The Cedar River Municipal Watershed has a fascinating railroad history, but the evidence of that history is now almost completely gone or hidden within a mantle of forests.

This tour seeks out some of the remaining structures, grades, and legacies created when railroads were King.

Join Botanist and amateur rail enthusiast, Clay Antieau, as he explores these railroad treasures in the Watershed using maps, photos, and a field tour that will include an historic steel truss trestle, a wooden trestle, and the former Milwaukee Road switchyard.



Clay Antieau, Botanist, Seattle Public Utilities

Audience: All (age 8+) Cost: \$15



DIGITAL & OUTDOOR PHOTOGRAPHY I

Saturday, June 12 10 AM-3 PM

Through a hands-on approach, you will discover the rich and exciting world of digital photography.

We will learn what controls are available on our cameras, basic editing in the computer, and how to archive your images. The second half of the day will be spent working on composition in the field. We will have a chance to share and critique what we have shot.

Bring your own camera, tripod, memory card, camera manual and field notebook. Bring lunch/drink, dress for the weather, wear sturdy walking shoes, and be prepared for uneven terrain. All levels and camera formats are welcome.

Eric Kessler, Professional Photographer Audience: Adults (age 15+) Cost: \$40

RATTLESNAKE LEDGE GEOLOGY HIKE

Thursday, June 24 2-5 PM

Come and explore the ancient volcano, glacial ice, and meltwater floods, under ground rivers that shaped the land and waterways of the Cedar River Watershed.

This moderately strenuous interpretive hike, begins at the trailhead and ends at the summit of Rattlesnake ledge, will take participants through a variety of landforms to one of the most spectacular vistas in the region.

This program is ideal for families. Round-trip 4 miles, elevation gain of 1,200 feet. Bring water and snack. Dress for the weather and wear sturdy hiking shoes.



Pierre LaBarge, Naturalist, Seattle Public Utilities Audience: Adults/Families (age 12+)

Cost: \$5



Native Herbs and Their Uses

Saturday, July 10 9:30 AM-12 PM

Herbs are known as "the useful plants," a broad definition that may include ground covers, weeds, shrubs and trees.

In this hands-on workshop, learn to identify herbs that are native to this area and the growing conditions they prefer.

We'll also discuss their importance to First Peoples and later arrivals, with an emphasis on culinary, medicinal and landscaping uses.

Dress for the weather and wear sturdy walking shoes.

Mary Preus, Native Herb Specialist

Audience: All (age 10+) Cost: \$10

PAINTING THE RESIDENTS OF THE CEDAR RIVER WATERSHED ON SILK

Sunday, July 11 9 AM-1 PM

Families and individuals will enjoy a day of creativity and fun as they learn to paint on silk. Even those with no artistic experience will create a beautiful piece of art suitable for framing. We will focus on plants and animals that inhabit the Cedar River Watershed as our subject matter.

The instructor will guide participants through planning the design to painting on the fabric. The silk dying process is very forgiving, surprisingly simple and suitable for all ages-the dyes flow and mix in a magical way that is universally satisfying.



Susan Cyr, Artist, Sea Horse Studios

Audience: All (age 6+) Cost: \$50 per person



Owls & Woodpeckers

Saturday, July 24 9 AM-12 PM

Join photographer Paul Bannick for a delightful slide presentation with both new images and photos from his book <u>The Owl and the</u> <u>Woodpecker</u>.

Every wild place and urban area in North America hosts an owl or a woodpecker species, while healthy natural places often boast representatives of both.

After the presentation, Julie Stonefelt, Seattle Public Utilities' naturalist will lead the group to forested habitats inside the closed boundaries of the Cedar River Municipal Watershed.

Bring water and a snack. Dress for the weather and wear sturdy hiking shoes.

Paul Bannick, Photographer Julie Stonefelt, Naturalist, Seattle Public Utilities Audience: All (age 10+) Cost: \$15

OLD GROWTH FORESTS

Saturdays, August 7 or 21 9 AM-4 PM

The Cedar River Watershed preserves diverse, inspiring old growth forest ecosystems.

Join Watershed Botanist, Clay Antieau, as he visits some of the best low-elevation and high-elevation old forests in the Cascades. Hikes will include trips to the Lost Creek old growth and ancient forests of Findley Lake. Learn why old growth forests are important and what the City of Seattle is doing to manage second-growth forests so they function more like older forests.

Bring lunch/drink, dress for the weather, wear hiking boots, and be prepared to walk 2-3 miles in mountainous terrain.



Clay Antieau, Botanist Seattle Public Utilities

Audience: Adults (age 15+) Cost: \$15



SUBALPINE ECOLOGY

Sunday, August 8 9 AM-4 PM

Subalpine areas are the wonderful parklands of meadows, trees, lakes, and rock between lowland forests and alpine mountain tops.

In addition to their intrinsic beauty, they offer many insights into the interplay of ecology, geology, and climate. We will head to the Alice Lakes area in the Cedar River Municipal Watershed, which offers grand vistas, intimate meadows, and picturesque lakes for learning about subalpine ecology.

Bring lunch/drink, dress for the weather, wear hiking boots, and be prepared to walk in mountainous terrain.

David Chapin, Ecologist Seattle Public Utilities

Audience: Adults (age 10+) Cost: \$15

AQUATIC AND RIPARIAN HABITAT RESTORATION

Sunday, September 12 9 AM-3 PM

Discover a variety of aquatic and riparian habitat restoration projects that Seattle Public Utilities is implementing in the Cedar River Municipal Watershed.

Highlights include the Landsburg Diversion Dam fish passage facility and stream and riparian restoration projects in a major tributary.

You will learn about past land use impacts to habitat and how restoration projects are designed to work with a stream's geological and biological setting.

Bring lunch/drink, dress for the weather, wear hiking boots, and be prepared to walk in mountainous terrain.



David Chapin, Ecologist, Seattle Public Utilities Audience: Adults/ Professionals (age 12+) Cost: \$15



TREE RINGS & ECOLOGY OF FORESTS

Saturday, September 18 9 AM-3 PM

Tree rings provide us with a rich record of forest history. Join Seattle Public Utilities Ecologist Rolf Gersonde in the field and learn how to core trees and interpret tree ring chronologies.

We will explore and learn about the growth of individual trees, competition, wind disturbance in forests, and how climate affects tree growth. We will complete this exploration of dendroecology with a close-up look at trees in old-growth forests.

Bring lunch/drink, dress for the weather, wear hiking boots, and be prepared to walk in mountainous terrain.

Rolf Gersonde, Ecologist, Seattle Public Utilities Audience: Adults/ Professionals (age 12+) Cost: \$15

FOREST RESTORATION

Sunday, September 19 9 AM-3 PM

After a century of resource extraction the primary goal of forest management in the Cedar River Municipal Watershed is to facilitate the restoration of second-growth forests.

Watershed scientists and managers will share how and why they are turning these young forests into oldgrowth forests.

Join us on a field tour of restoration sites, we will visit the oldest forest in the watershed and discover forest biodiversity and tree growth with hands-on sampling.

Bring lunch/drink, dress for the weather, wear hiking boots, and be prepared to walk in mountainous terrain.



Rolf Gersonde, Andy Chittick, Bill Richards & Amy LaBarge Seattle Public Utilities Adults/Professionals (age 12+) Cost: \$15



DIGITAL & OUTDOOR PHOTOGRAPHY II

Saturday, October 23 10 AM-3 PM

With a hands-on approach, this class will take participants to a deeper level of digital photography.

We will look at more advanced editing skills in the computer, working with RAW files, archiving images, managing your workflow, and using the various settings your camera has to maximize the quality of images you shoot.

Bring your own camera, tripod, memory card, camera manual and field notebook.

Bring lunch/drink, dress for the weather, wear sturdy walking shoes, and be prepared for uneven terrain.

Eric Kessler, Professional Photographer

Audience: Adults (age 15+) Cost: \$40

S P E C I A L E V E N T S

Mother's Day Tea

Sunday, May 9 10 AM-3 PM

Join us for a quaint Mother's Day tea (or coffee) and snacks.

Relax and watch a naturalist lead slide show about the Watershed at 10:00 AM or 2:00PM.

After the slide show, you can stroll around and enjoy a short facility grounds tour and learn the story of Rattlesnake Lake.

Discover fun tidbits of information about mom's (human and others) in the Watershed.

This program is for multi generational families to celebrate the mother's in their lives.

Seattle Public Utilities' Naturalists Audience: Mothers. Cost: Free





CLAY, COAL, AND A COMPANY TOWN: WALKING TOUR OF HISTORIC TAYLOR

Sunday, June 27 Tours start at 10 AM, 11:30, 1 PM or 2:30 PM

The bricks, clay and bits of coal hidden beneath lush undergrowth at the historic townsite of Taylor (1892-1947) reveal a different era in the lower Cedar River Municipal Watershed.

Step back into time and spend some time exploring the remains and the stories of the town and factory on a guided walking tour.

Dress for the weather, wear sturdy walking shoes and be prepared for uneven terrain. Meeting location near Hobart.

Registration required.

Seattle Public Utilities Naturalists Maple Valley Historical Museum Volunteers

Audience: All (age 8+) Cost: \$5

WATERFEST!!

Come celebrate the wonder of WATER!

Saturday, June 19 10 AM-4 PM



Join us for a splashy family day filled with activities, games, stories and demonstrations.

Take a van tour into the protected watershed to get a rare look at Cedar Falls, the source of drinking water for 1.4 million people.

All ages can make a connection to Earth's most precious molecule, water.

Audience: Everyone Cost: FREE!



Twilight Tours of Cedar Falls Historic Town

Two days to choose from: Saturday, September 25 6-8:30 PM or Sunday, September 26 5-7:30 PM

Drop-in and take a stroll to Cedar Falls, historic townsite and birthplace of Seattle City Light. Explore the remaining houses and discover the stories of those who worked, lived and grew up in this unique setting. This tour does not include the power plant or Masonry Dam.

Wear good walking shoes and carry a flashlight. Round trip 1.5 miles (Shuttles will be available).

Park at the Cedar River Watershed Education Center.

Registration not required.

Linda Carlson, Author Seattle Public Utilities Naturalists and volunteers

Audience: All (age 8+)
Cost: Free

Wondering About Wildlife? Family Fun Winter Break

Wednesday, December 29 10 AM-3 PM

Seattle Public Utilities staff and volunteers

This winter break Seattle Public Utilities would like to invite the whole family to join us for a free, fun filled day up at the Cedar River Watershed Education Center.

Have a close encounter with live birds. Dissect a barn owl pellet and discover what was for lunch. Enjoy a Naturalist guided walk along the shores of Rattlesnake.

Make a pinecone bird feeder and participate in other wildlife arts and crafts. Activities will be both inside and out so bring a lunch and stay for the day.

Audience: Everyone Cost: FREE!



More Programs for Kids

KNEE-HIGH NATURALISTS

Wednesdays, May 5, June 2, July 7, August 4 and September 9 9:45–10:45 AM

Take a morning stroll from the Cedar River Watershed Education Center along Rattlesnake Lake trail with a naturalist and your favorite tot. Discover rocks, birds, plants and things.

Paced for short legs and shorter attention spans, this program will explore shapes, colors and textures found in nature.

Up to two children can be registered with one adult.

Chris Holland, Naturalist, Seattle Public Utilities

Audience: Tots (18-36 months) and Adults Cost: \$5 per tot (0-12 months free)



EVENING PROGRAMS

Join a Seattle Public Utilities' Naturalist for a campfire program on a summer evening. Learn and discover while enjoying songs, crafts, stories, and games around a roaring campfire. Dress for the weather and bring a flashlight. Program includes a snack.

Audience: All (age 3+) Cost: \$5 per person



BATTY ABOUT BATS

Friday, June 25; 8:00-9:30 PM

Bats play an essential role in our ecosystem. Learn more about these gentle, flying mammals while enjoying crafts, stories, and games around a toasty campfire. We will also take a stroll and look and listen for bats.



Whooooo's Out There?

Friday, July 16; 7:30-9:00 PM

Discover whoooo's out there beyond the shadows. What does an owl pellet tell us? Can owls turn their heads all the way around? Learn more about these seldom seen creatures through fun activities and stories.



Mystery Program

Friday, August 13; 7:30–9:00 PM

The nights are filled with bats and bugs critters and creatures. Who could it be? What might we see? Join Watershed Naturalist for a fun filled, mysterious evening around a roaring campfire. Wrap up the evening with a delicious snack.



RATTLESNAKE LAKESIDE NIGHTLIFE EXPLORATION

Friday, August 27; 7:45–9:15 PM Bring only one flashlight per family.

Venture out into violet time and explore the magical transition between dusk and darkness of early night. We will journey along the trails of Rattlesnake Lake listening and feeling our way into day's most remarkable time. We will gather around firelight and then venture on a ½ mile hike along easy going trails.

DIRECTIONS, HOURS AND MORE...

CEDAR RIVER WATERSHED EDUCATION CENTER HOURS

APRIL 1-OCTOBER 31, TUES-SUN; 10 AM-5 PM NOVEMBER 1-MARCH 31, TUES-FRI; 10 AM-4 PM

HOW TO REGISTER:

Registration begins March 1, 2010. Call (206) 733-9421 or (425) 831-6780

Or e-mail crwprograms@seattle.gov

E-mail us if you would like e-catalogs sent to you in the future.

For program descriptions go to www.seattle.gov/util/crwec/

OTHER WAYS TO CONNECT:

Watershed Tours (Fri., Sat. & Sunday, July 10 – Sept. 6)

Discover the source of greater Seattle area's drinking water. This two and a half hour tour is geared for ages ten and above. Cost: \$10 Adults; \$5 Youth (age 10+) and Seniors Photo ID required for 18+.

GROUP TOURS (WEEKENDS, APRIL-JUNE & TUES.-THURS., JUNE - SEPT.)

Join us for a van tour of the Cedar River Municipal Watershed. Discover the source of the greater Seattle area's drinking water. Organized groups of nine or more adults.

Cost: \$5.00 per person. Photo ID required for 18+.

WATER CENTER VISITS FOR GROUPS (YEAR-ROUND)

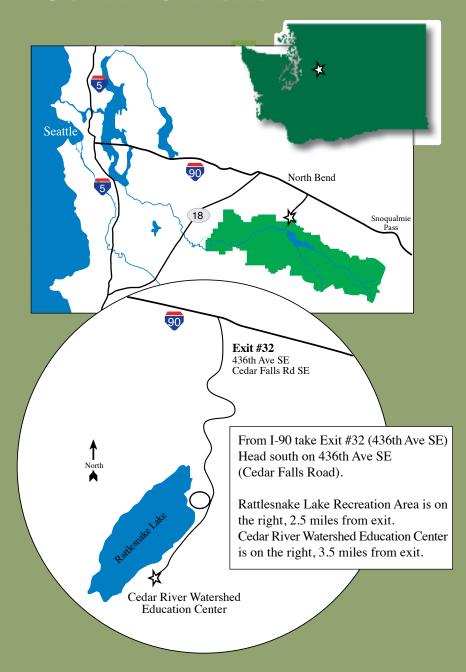
Explore the Water is Magic exhibits and discover your connection to the source of your drinking water through interactive exhibits at the Education Center. Visitors of all ages can follow a water drop on its journey from the ocean to the mountains to you.

Reservations are required for groups of 14 or more. Free!



In addition to providing more than 1.4 million customers in the Seattle metropolitan area with a reliable water supply, SPU provides essential sewer, drainage, solid waste and engineering services that safeguard public health, maintain the City's infrastructure and protect, conserve and enhance the region's environmental resources.

GETTING HERE:



2010 CEDAR RIVER WATERSHED INSTITUTE PROGRAMS

| May 8 & 15 | 9-11 am | Family Friendly Birding | \$15.00 | Workshop/Stroll | All (age 8+) |
|----------------|--------------------|--|---------|-------------------|---------------------------|
| May 9 | 10 am-3 pm | Mother's Day Tea and Talks | Free | Presentation | Moms |
| May 15 | 9 am – 4 pm | Wetland Tour | \$15.00 | Van Tour/Hike | Adults (age 15+) |
| May 23 | 10-11:30 am | Get Outta Here | \$5.00 | Stroll | Kids (age 5+) with parent |
| June 5 or 26 | 9 am – 1 pm | Treasures of Railroad History of CRW | \$15.00 | Van Tour/Walk | All (age 8+) |
| June 6 | 10-11:30 am | Get Outta Here | \$5.00 | Stroll | Kids (age 5+) with parent |
| June 12 | 10 am–3 pm | Digital Outdoor Photography-Beginning | \$40.00 | Workshop | Adults (age 15+) |
| June 19 | 10 am – 4 pm | Waterfest | Free | Festival | All |
| June 24 | 2-5 pm | Rattlesnake Ledge Geology | \$5.00 | Hike | All (age 12+) |
| June 25 | 8-9:30 pm | Batty About Bats | \$5.00 | Campfire Program | All (age 3+) |
| June 27 | 10am -4 pm | Clay, Coal & a Company Town-Taylor Tours | \$5.00 | Walking Tour | All (age 8+) |
| July 10 | 9:30 am-12 pm | Native Herbs and Their Uses | \$10.00 | Workshop | All (age 10+) |
| July 11 | 9 am-1 pm | Painting CRW on Silk | \$50.00 | Workshop | All (age 6+) |
| July 16 | 7:30-9 pm | Whooooo's Out There? | \$5.00 | Campfire Program | All (age 3+) |
| July 24 | 9 am-12 pm | Owls & Woodpeckers | \$15.00 | Presentation/Walk | All (age 10+) |
| August 7 or 21 | 9 am – 4 pm | Old Growth Forests | \$15.00 | Van Tour/Hike | Adults (age 15+) |
| August 8 | 9 am – 4 pm | Subalpine Ecology | \$15.00 | Van Tour/Hike | Adults (age 15+) |
| August 13 | 7:30-9 pm | Mystery Evening Program | \$5.00 | Campfire Program | All (age 3+) |
| August 27 | 7:45-9:15 pm | Nightlife Exploration | \$5.00 | Campfire Program | All (age 3+) |
| September 12 | 9 am <i>–</i> 3 pm | HCP Aquatics and Riparian Restoration | \$15.00 | Van Tour/Hike | Adults (age 15+) |
| September 18 | 9 am <i>–</i> 3 pm | Tree Rings and Ecology | \$15.00 | Van Tour/Hike | Adults (age 15+) |
| September 19 | 9 am <i>–</i> 3 pm | Forest Restoration | \$15.00 | Van Tour/Hike | Adults (age 15+) |
| September 25 | 6-8:30 pm | Twilight Tours | Free | Walking Tour | All (age 8+) |
| September 26 | 5-7:30 pm | Twilight Tours | Free | Walking Tour | All (age 8+) |
| October 23 | 10 am-3 pm | Digital Outdoor Photography-Intermediate | \$40.00 | Workshop | Adults (age 15+) |
| December 29 | 10 am-3 pm | Wonder about Wildlife | Free | Festival | All |
| Monthly | 9:45-10:45 am | Knee high Naturalists | \$5.00 | Stroll | Tots with Parents |
| Monthly | 9:30-10:30 am | Discover Sustainable Design | Free | Facility Tour | Adults (age 12+) |